

ALCOHOL CONSUMPTION

Binge Drinking* in the past 30 days:

- Seventeen percent of Montana adults reported that they consumed five or more alcoholic drinks on an occasion within the past 30 days.
- In 2004, one in four males (25%) engaged in binge drinking in a 30 day period, while one in ten females (10%) did so.
- Binge drinking was negatively associated with age. Adults aged 34 or younger ($\geq 30\%$) were significantly more likely to engage in binge drinking than their older counterparts (4%-16%).
- Education, income, and race had little impact on reported episodes of binge drinking among Montana adults.
- Adults with disability (7%) were much less likely to report binge drinking than adult Montanans without disability (19%).
- Eastern Montana adults (23%) tended to be more likely to report binge drinking than adults in other health planning regions.

*Note: *Binge drinking is defined as consuming 5 or more alcoholic drinks per occasion at least once in the previous 30 days.*

Heavy Drinking** in the past 30 days:

- Overall, almost 6 percent of Montana adults engaged in heavy drinking during the past 30 days.
- The prevalence of heavy drinking among adults aged 18-24 (10%) was twice that of adults 25 years of age or older ($\leq 5\%$) and was significantly different from adults aged 65+ (3%).
- Gender, education, and race had little impact on reported heavy drinking.
- Adults with disability (3%) were less likely to report heavy drinking than adults without disability (6%).
- Adults in the Northwest health planning region (8%) had the highest prevalence of heavy drinking, considerably higher than the lowest prevalence of 3 percent in the South Central health planning region of Montana.
- Prevalence estimates of heavy drinking in the past 30 days have remained relatively stable since 2001.

*Note: **Heavy drinking is defined as the consumption of more than two alcoholic drinks per day for men or more than one alcoholic drink per day for women.*

Drinking and Driving in the past 30 days:

- Overall, three percent of Montana adults reported drinking and driving within the past 30 days.
- In 2004, the prevalence of drinking and driving decreased with increasing age; that is, while less than one percent of adults aged 65 and older reported this risk behavior, almost seven percent of adults aged 18-24 reported such behavior.
- Education, income, race, and region had little influence on the prevalence of drinking and driving.
- Adults with disability (1%) were significantly less likely to report drinking and driving than adult Montanans without disability (4%).

Healthy People 2010 Objectives:

26-11c. Reduce the number of adults aged 18 and older engaging in Binge drinking during the past month to less than 6 percent.

[\[Table 13. Alcohol Consumption, Montana Adults, 2004\]](#)

[FIGURE 13. Binge Drinking and Heavy Drinking, Montana Adults, 2001-2004]

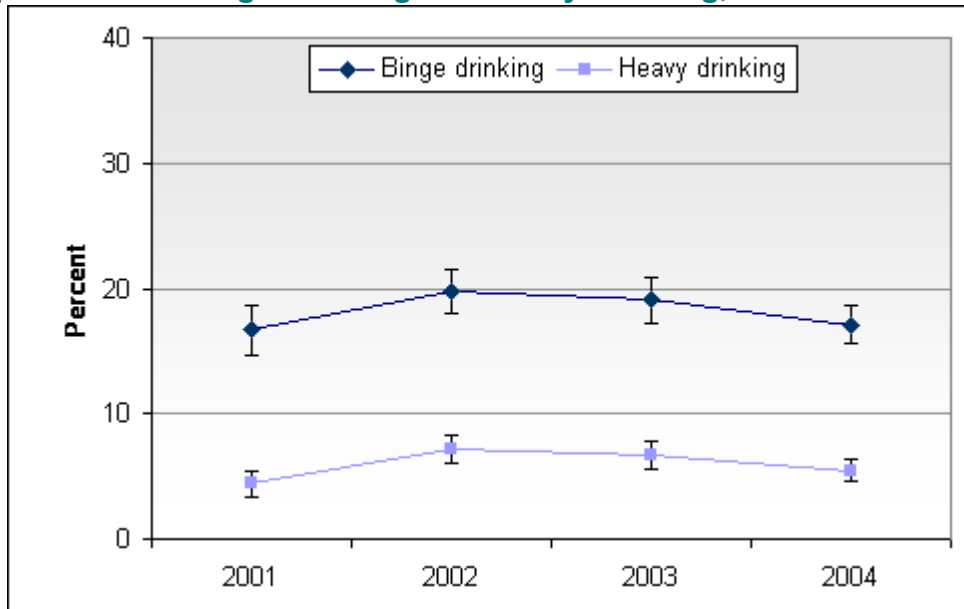


Figure 13. Binge Drinking and Heavy Drinking, Montana Adults, 2001-2004.